

Blues Stew

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Kay Romero (USA)
音樂: Blues Stew - Kenny Neal



WALK, WALK, KICK, KICK, BACK, BACK, COASTER STEP

- 1-2 Walk forward (step right foot forward, step left foot forward)
- 3 Kick right foot towards 12:00 while pointing right index finger towards 12:00, (optional: finger points)
- 4 Pivoting on ball of left foot kick right foot towards 3:00 while pointing right index finger towards 3:00
- 5-6 Step right foot towards 6:00 completing ½ turn right, pivot on ball of right foot ½ turn right and step back on left foot
- 7&8 Step right foot back, step left foot next to right foot & step right foot forward

WALK, WALK, KICK, KICK, BACK, BACK, COASTER STEP

- 1-2 Walk forward (step left foot forward, step right foot forward)
- 3 Kick left foot towards 12:00 while pointing left index finger towards 12:00, (optional: finger points)
- 4 Pivoting on ball of right foot kick left foot towards 9:00 while pointing left index finger towards 9:00
- 5-6 Step left foot towards 6:00 completing ½ turn left, pivot on ball of left foot ½ turn left and step back on right foot
- 7&8 Step left foot back, step right foot next to left foot & step left foot forward

SYNCOPATED STEPS, SCOOCH AND STEP

- 1&2 Shove right foot forward, lift right foot and step in place
- 3&4 Shove left foot forward, lift left foot and step in place
- 5-6 Step right foot forward, hold one count
- &7-8 Scooch (slide) left foot behind right foot & step right foot forward, hold one count

ROCK, RETURN, ¼ TURN RIGHT -SIDE SHUFFLE, ½ TURN RIGHT -SIDE SHUFFLE, ½ TURN LEFT-SIDE SHUFFLE

- &1-2 Step on ball of left foot & step right foot forward, rock back on left foot
- 3&4 Pivot on ball of left foot ¼ turn right & side shuffle = right- left- right
- 5&6 ½ turn right on ball of right foot & side shuffle (left, right, left)
- 7&8 ½ turn left on ball of left foot & side shuffle (right, left, right)

ROCK, ROCK, CROSS, SIDE, CROSS, ROCK, ROCK, CROSS, SIDE, CROSS

- 1-2 Rock left placing weight on ball of left foot, rock right placing weight on ball of right foot
- 3&4 Cross left foot over right foot and cross shuffle (left, right, left)
- 5-6 Rock to right side onto right foot, rock to left side onto left foot
- 7&8 Cross right foot over left foot and cross shuffle (right, left, right)

½ TURN SYNCOPATIONS: HEEL, HOLD, HEEL, HOLD, HEEL, HOLD, CROSS, HOLD

- &1-2 Turning 1/3 of the half turn left step back on left foot, tap right heel forward, hold
- &3-4 Turning 1/3 of the half turn left step back on right foot, tap left heel forward, hold
- &5-6 Turning 1/3 of the half turn left step back on left foot, tap right heel forward, hold
- &7-8 Step right foot center, cross left foot over right foot, hold

TRAVELING RIGHT: SHUFFLE RIGHT, CROSS SHUFFLE, SHUFFLE RIGHT, ROCK, STEP

- 1&2 Right side shuffle (right, left, right)

3&4 Cross left foot in front of right foot and shuffle (left, right, left)
5&6 Right side shuffle (right, left, right)
7-8 Rock back on left foot, replace weight on right foot in place, rock back, replace

TRAVELING LEFT: SHUFFLE LEFT, CROSS SHUFFLE, SHUFFLE LEFT, ROCK, STEP

1&2 Left side shuffle (left, right, left)
3&4 Cross right foot in front of left foot and shuffle right, left, right
5&6 Left side shuffle (left, right, left)
7-8 Rock back on right foot, replace weight on left foot in place, rock back, replace

REPEAT
